



**Virginia Cooperative Extension**  
**Knowledge for the Commonwealth**



## Are You Fiber Friendly?

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### Introduction

Whole-wheat bread, oatmeal, apples, and cabbage each contribute fiber or roughage to the diet, but their fiber compositions are different. Most high-fiber foods contain both soluble and insoluble fiber, but in different proportions. Choose a variety of high-fiber foods -- vegetables, fruits, and whole grain products -- in order to get enough of both soluble and insoluble fiber daily. Both types of fiber are important because they have different health benefits. Research continues on the possible effects of dietary fiber against colon cancer, heart disease, and diabetes.

Insoluble fiber produces the tough, chewy texture of wheat bran, whole grains, and vegetables. Cellulose, hemicellulose, and lignin are insoluble fibers. Eating foods containing insoluble fiber is important for proper bowel function and can reduce symptoms of chronic constipation, diverticular disease, and hemorrhoids.

Soluble fiber includes pectin and gum and is found in oats, dry beans and peas, and some fruits and vegetables. Some studies indicate that foods containing soluble fiber may help reduce blood cholesterol levels in some people.

### Servings from Grain Products:

|                         |   |
|-------------------------|---|
| 1 slice of bread        | 1 ounce of ready to eat cereal                      |
| 1 tortilla              | 1/2 cup of cooked cereal                            |
| 1/2 cup of cooked rice  | 1/2 english muffin or bagel                         |
| 1/2 cup of cooked pasta | 3-4 small plain crackers                            |
| 1/2 hamburger roll      | 1- 4" diameter pancake                              |
| 2 medium cookies        | 1/2 medium doughnut                                 |
| 2 cups of plain popcorn | 1/2 cup cooked bulgur, barley, or other whole grain |
| 1 slice of pizza        | 1/2 ounce of crackers, cookies, or pretzels         |
| 1/2 medium muffin       |   |

### 6-11 Servings

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## Are You Fiber Friendly?

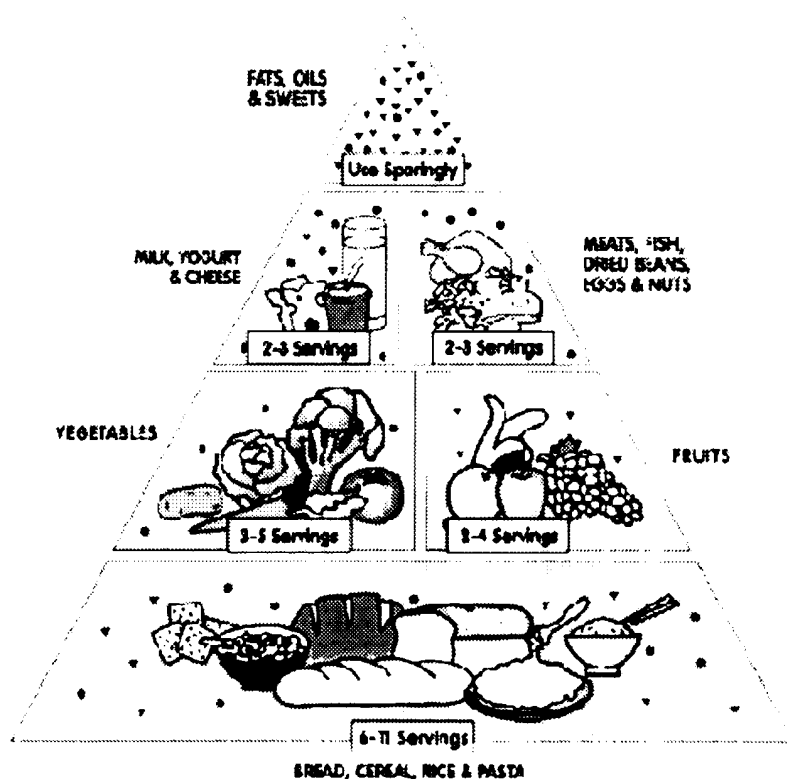
Do you eat enough dietary fiber or "roughage"? Choose a diet of 20-30 grams of dietary fiber each day. Check to see if your favorite foods are giving you enough fiber. Add up the number of grams in the foods you eat on a typical day. How did you do?

|                                   |  |                    |
|-----------------------------------|--|--------------------|
| <b>7 to 10 Grams per Serving</b>  | 100% Bran Cereals  | 1 ounce or 1/3 cup |
|                                   | Cooked or Canned Dried Beans (kidney, pinto, garbanzo, Navy) | 1/2 cup            |
|                                   | Cooked Lima Beans  | 1/2 cup            |
|                                   | Peanuts  | 3 ounces           |
|                                   | Raspberries  | 1/2 cup            |
| <b>4 to 6.9 Grams per Serving</b> | Baked Potato with Skin                                       | 1 medium           |
|                                   | Bran Flakes with Raisins                                     | 3/4 cup            |
|                                   | Dried Figs or Prunes   | 1/4 cup            |
|                                   | Fresh Pear   | 1 medium           |
|                                   | Whole Wheat Pasta  | 1 cup cooked       |
|                                   | Lentils  | 1/2 cup cooked     |
| <b>3 to 3.9 Grams per Serving</b> | Cornflakes   | 1 cup              |
|                                   | Wheatgerm  | 1/4 cup            |

## Gram per Serving

|                       |                |
|-----------------------|----------------|
| Green Pepper          | 1/2 raw pepper |
| Romaine Lettuce       | 1/2 cup        |
| Grape Juice           | 1/2 cup        |
| Cooked Grits          | 1 cup          |
| White Bread           | 1 slice        |
| Hamburger Bun         | 1 medium       |
| White Rice            | 1/2 cup cooked |
| Apple or Orange Juice | 3/4 cup        |
| Crispy Rice Cereal    | 1 cup          |
| Saltines              | 4 crackers     |
| Biscuit               | 1 medium       |

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## Getting Enough Fiber in Your Diet

**Key** ▼ Sugar Added ● Fat (naturally occurring and added)

These Symbols show fat and added sugars in foods. They come mostly from the fats, oils, and sweets group. But foods in other groups - such as cheeses or ice cream from the milk group or french fries from the vegetable group - can also provide fat and added sugars.

## **YOU CAN GET ABOUT 20 GRAMS OF DIETARY FIBER IF YOU CHOOSE AT LEAST:**

3 Servings a day  
of Vegetables

*plus*

2 Servings a day  
of Fruit

*plus*

3 Servings a day of  
Whole-Grain Products

### **Eat More Fruits & Vegetables**

Eat 5 servings each day

Choose citrus fruits or juices --  
oranges, grapefruits,  
lemons, limes, or tangerines

Choose dark green vegetables --  
peas, green asparagus, spinach, or green  
beans

Choose dark yellow vegetables --  
corn, carrots, sweet potatoes  
or pumpkins

Eat more winter vegetables --  
cabbage, broccoli, brussels sprouts,  
cauliflower, or collards

### **Eat More Grain Foods**

Look for the words "whole wheat"  
on the label

Make sure the whole grain ingredient  
is listed 1st or 2nd on the label

Choose foods made from  
whole grains -- breads,  
breakfast cereals, rice, or pasta

Eat barley, brown rice, or wild rice

Choose baked goods made  
with whole grains, such as  
whole wheat muffins or bagels,  
graham crackers, and  
bran, oatmeal, or multigrain breads

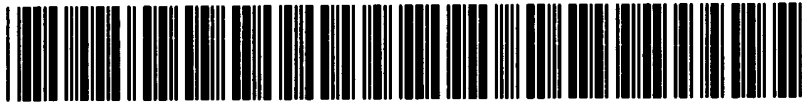
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